

# WOMAN'S PAGE

## Victuals and Drink

### From What to Eat.

It is said that Americans are the greatest meat eaters in the world, despite the fact that they have the widest choice of vegetables. Statistics prove that \$10,000,000 more is spent on meat than on vegetables each year in America.

A rabbit cannery is the very latest American enterprise. Rabbits are the most prolific of all meat-producing animals, and the cost of the live stock will be comparatively insignificant.

E. S. Sylvester of Echo Mountain, Ore., is to be at the head of this new industry. He expects to can rabbits by the thousands and from their meat he will produce chicken tamales, all kinds of canned chicken products, lobster salad and many kinds of famous "French" soups.

The rabbit meat has been found to make the finest kind of tamales and the products are being shipped by the wholesale to New Mexico and California.

Sir Robert Cranston of Edinburgh, Scotland, has the camel beaten. For sixty-one years he went without a drink—that is, a drink of anything considered in Pittsburg as worth while—but now he is off the water wagon.

With others of the distinguished guests, Sir Robert Cranston was in the bar of the Hotel Schenley, Pittsburg, when some one proposed a toast to the laird of Skibo. Lord Cranston hesitated for a minute, and then, thinking over the oceans of mineral waters that he has consumed, he winked at the bartender and remarked:

"A little claret, please."  
"I never had a drink of alcoholic liquor in my life until now," he said, "not even a Scotch whiskey, but when the toast to Mr. Carnegie was proposed I broke my sixty-one years' thirst."

Whether or not a diet of bread and milk taken exclusively for forty years is responsible for the remarkable preservation from the effects of old age shown in the body of Mrs. Mary Fay, who recently died in New York at the age of 105, is causing intense interest among physicians.

Coroner's Physician O'Hanlon has made 4500 autopsies, and he was so surprised at the physical perfection of Mrs. Fay's body, which was as well nourished as that of a woman of 30, that he called in all the other physicians and surgeons of the Coroner's office to observe the unusual conditions.

Dr. O'Hanlon and others who saw the body are wondering whether or not they have a corroboration of the theory of Prof. Elie Metchnikoff of Paris, who has asserted that man does not live out his allotted time of life because of the cellular activities in the digestive tract which produce old age. He believes that by a diet of sour or curdled milk the germs of putrefaction, which according to his theory produce old age, may be successfully combated.

Two years ago a wise stomach specialist in Boston told William Goodman of Jackson, N. H., that he had a malady that could not be cured.

The malady had a long Latin name Goodman failed to remember more than five minutes, but it had such an awful sound that he believed the doctor was right.

"You can't live more than a couple of months," the physician said, "so you had better go home and take things easy."

Goodman went home, made his will and waited for death. While he was waiting an aunt from Concord, N. H., visited him and heard all about the terrible stomach disease. She wasn't convinced that her nephew had to die.

"I know a man in Concord who was a lot worse off than you are and he cured himself by drinking water," she said. "He just slushed it down by the gallon."

Goodman had always fought shy of water, believing that it wasn't good for the system, but he now began to take large quantities of the fluid. In a few days he was surprised to find that he felt better.

At the end of a month the improvement was marked and at the expiration of six weeks he was considerably stronger and had gained two pounds. From this time on the gain was steady, until today the man is in perfect health and can eat a Welsh rabbit at midnight without feeling ill effects.

In the two years Goodman drank four quarts of water a day, being careful not to drink twenty minutes before eating or within an hour thereafter. He has thus consumed 2820 quarts of water. He has used neither tea, coffee nor spirits, but has drunk a good deal of milk. He eats meat, potatoes, vegetables and sweets. In fact, he dines on ordinary food, save that he abstains from pastry.

### TO BRIGHTEN BURNERS.

To clean and brighten lamp burners boil with one-half pint of navy beans in enough water to cover them until beans are done. Remove, wipe dry, and burners will be like new.

### CUT FLOWERS.

Cut flowers will retain their freshness much longer if a little salt and charcoal are added to the water in which they are put. The charcoal should be broken into small lumps.

### A BRUISED FINGERNAIL.

A bruised fingernail should be held in hot water for half an hour. This will often prevent the blood's settling under it and turning it black or blue.

Three meals a day for fifty cents a week is what the gas stove costs for fuel. Honolulu Gas Co., Ltd.

## Family Meals for a Week

### MONDAY.

Breakfast—Fruit, wheat germ meal porridge and cream, creamed codfish, buttered biscuits, toast, tea and coffee.

Luncheon—Beef loaf, sardine sandwiches, stuffed potatoes, lettuce and egg salad, cream cheese and crackers, berries and cream, cake, tea.

Dinner—Oxtail and tomato soup, mock ducks (rolled veal), spinach, creamed carrots, gooseberry tarts, black coffee.

### TUESDAY.

Breakfast—Oranges, cereal and cream, savory omelet, baked toast, brown bread, tea and coffee.

Luncheon—Veal scallop (a left-over), baked rice, stuffed tomatoes, bread and butter, cheese canapes, cream puffs and strawberry sauce.

Dinner—Cream of spinach soup, boiled fowl with mushroom stuffing, squash, lima beans, boiled rice, Olia raspberries and cream, lady cake, black coffee.

### WEDNESDAY.

Breakfast—Berries, cracked wheat and cream, bacon and fried green tomatoes, cornmeal gems, toast, tea and coffee.

Luncheon—Cold fowl (a left-over) rice croquettes (a left-over), scalloped squash (a left-over), warm gingerbread and cheese, cocoa.

Dinner—Lima bean and tomato soup, stewed pigeons, stuffed eggplant, creamed onions, raspberry shortcake (hot) with hard sauce, black coffee.

### THURSDAY.

Breakfast—Fruit, farina and cream, breakfast bacon and eggs, oatmeal bannocks, toast, tea and coffee.

Luncheon—Fried fish, deviled tomatoes, scalloped eggplant (a left-over), graham biscuits, berry turn-

overs, crackers and cheese, tea and coffee, blanc mange, cocoa.

Dinner—Onion broth (a left-over), braised brisket of beef, a la jardiniere; spinach, string beans, new potatoes, queen of puddings, black coffee.

### FRIDAY.

Breakfast—Grapefruit, hominy and cream, fried pan fish, potato biscuits, toast, tea and coffee.

Luncheon—Cold beef (a left-over), stewed potatoes, lettuce and string bean salad with mayonnaise, crackers and Swiss cheese, junket and cream, cake, tea a la Russe.

Dinner—Clam broth with whipped cream, baked kum, whipped potatoes, browned: green peas, ice cream and cake, black coffee.

### SATURDAY.

Breakfast—Olia berries, cereal and cream, creamed mackerel, rice muffins, toast, tea and coffee.

Luncheon—Baked savory eggs, tomato toast (baked), great pea soufflé, hot crackers and cheese, chocolate custard, cake, tea.

Dinner—Mutton broth with vegetables, larger and braised calf's liver, spinach, browned potatoes, stewed tomatoes, cottage cheese and gooseberry jam with crackers (toasted), black coffee.

### SUNDAY.

Breakfast—Oranges, cream of wheat and cream, stewed kidneys, popovers, toast, tea and coffee.

Luncheon—Cold liver (a left-over), baked potatoes in their jackets, Boston brown bread (steamed over), lemon sponge and cake, tea a la Russe.

Dinner—Yesterday's soup (a left-over), brown fricassee of chicken, boiled rice, succotash, fried eggplant, berry trifle and spongecake, black coffee.

## Household Notes

Boil lamp burners in a solution of soda and water or weak lye. Then polish.

A salt ham should be soaked in cold water for twelve hours before being cooked.

Oil of sassafras will drive insects from shelves and its odor is very distasteful to flies.

The best housekeeper is the one who passes less time in making things clean and more thought in keeping them clean as she goes.

To remove a stain in a marble basin caused by dripping water, apply with an old tooth brush, a little pulverized chalk moistened with ammonia.

Olive oil is superior to lard or butter as a frying medium. Meats, potatoes, in fact everything to be fried in a skillet, taste better for being so cooked.

A dirty coffee pot makes bad coffee, so next time the coffee is complained of do not at once blame the grocer, but instead examine the pot and see if it is as bright and clean as it should be. Chemists claim that it takes more than twice as much sugar to sweeten preserves, sauces, etc., if put in when they begin to cook as it does to sweeten after the fruit is cooked.

When the machine has been used for mincing rather fat meat, run a crust of dry bread through it. This will remove a good deal of the grease, but the mincer should afterward be well washed and scoured.

To make lemon extract grate the rind of three lemons into half a pint of alcohol. After allowing it to stand four days, pour off into another bottle and add an ounce of oil of lemon. Orange extract may be prepared in the same manner.

When ants are troublesome sprinkle sugar through a small piece of sponge and leave these about the pantry shelves. In a short time the ants will be holding a high carnival. Plunge the sponges in boiling water and set again.

Wash new glasses for the first time in cold water; this will give them a brighter look than if hot water is used. Glasses that have been used for milk should also first be washed in cold water, or they are apt to look cloudy when dried.

When beating carpets remember first of all to beat very thoroughly on the wrong side and then very lightly on the right. Too vigorous beating on the right side is liable to ruin the texture of a carpet, but thorough brushing with a hard carpet brush can do no harm.

A housekeeper who forgot to tell her new maid that neither Venetian glass nor lacquered ware should be washed in hot soap suds claims to have had cause to regret the oversight. A beautiful lacquered crumb tray and a Venetian glass bonbon dish were almost ruined.

If you have the old-fashioned overhead chandelier lights in your house, some time during the summer try to have the change made to the more artistic and convenient side lights. A pair near the piano, the desk or bookcase, and over a corner seat, will be found to add to the furnishing of the room and apparently increase the size of a small apartment.

### STEW FOR TWO.

Run a half pound of round beefsteak through a meat chopper, add two quarts of water, a small tomato, sliced, a small onion, sliced, a saltspoonful of celery salt, a dash of cayenne pepper and salt to taste. Boil furiously, then wash a half-cup of rice and throw into the pot. Boil for twenty minutes, uncover, cover and set at the back of the range to simmer until thick.

## Health and Beauty

Women of a nervous temperament should have eight hours of sleep to keep in good health.

When baby chokes do not slap it on the back, but raise the left hand above the head, which will give relief.

A good freckle remedy is made of lemon juice: The juice of three lemons, strained, four ounces of alcohol and two ounces of rosewater. Apply with a soft cloth. When thoroughly dried into the skin anoint the surface with a good cold cream.

To let down the hair for an hour daily is one of the best and easiest methods of encouraging it to grow, and is one which is both practically possible to every one and at the same time costs nothing. Fresh air flowing freely through the hair stimulates the roots, while sunlight cannot be beaten as a color and tone restorer.

Although a good sunning is the best thing in the world for the hair, it is not particularly good for it to be dried in the sun after shampooing. The sun seems to make each individual hair stand out separate from the others, and as a consequence it is difficult to arrange it nicely. See that the hair is thoroughly dried and then give it a sun bath.

All creamy solid cosmetics are really cold creams. Oil of sweet almonds is the foundation material. The Roman beauties used this oil, and to put it into a pleasant, firmer form had it made into cream. When tissue-building materials like lanolin, coconut oil, etc., are added the cosmetic is sometimes called a skin food. It is a good plan to apply a skin food at night with gentle massage and to use a cold cream during the day for the purpose of cleansing the complexion.

### TABLE MANNERS.

All Right to Sop Up Sauce with Bread and Lean on One's Elbows.

"Will you look at that woman over there?" exclaimed a pretty girl with a trace of Southern accent. "How in the world did she get into Sherry's?"

The eyes of the woman she indicated were fixed intently on her plate. With the end of a roll she was chasing all over it the last trace of sauce Bernaise, it contained.

She did it with the skill of an expert. The bread delfly sopped up every drop of the sauce. Then she swiftly made a comprehensive sweep of the plate, leaving it as dry as a bone, and deposited the bread in her mouth.

All this time her thoughts were fixed on what she was doing. When she had polished the plate and landed the bread in her mouth she looked up for the first time. As her eyes wandered she greeted some persons who had just come in.

"There's Mary Parsons," she started to say to the friend with her.

This person must have had a trained understanding, for the bit of roll still filled the mouth to which it had carried the sauce Bernaise and the result of conversation was a succession of stuffy, choking sounds, incomprehensible to anybody not accustomed to them.

"Why, I never saw such table manners in my life!" commented again the soft Southern voice. "Who in the world do you suppose she can be?"

That question proclaimed how much of a stranger the speaker was in New York. The woman who had attracted her attention is very well known indeed, and most of the many persons to whom she was bowing appeared to be

## Good Things to Eat

The following recipes have all been tried and are recommended to housewives:

### SAUSAGE SOUFFLE.

A delicious luncheon dish may be concocted from a cup of left-over mashed potato, three or four sausages, one egg, a little chopped ham (this may be omitted), a few slices of bacon left from breakfast, cracker or bread crumbs, butter and seasoning. Beat potatoes well; mix butter in. Add finely-chopped sausage or sausage meat and the ham if desired. Beat the egg well and add, stirring the whole vigorously. Season, and if it is too firm add a couple of tablespoons of cream or milk. Put in ramekins or small saucers, sprinkle with bread crumbs, brush lightly with butter, and place in a hot oven. When thoroughly raised and browned serve with a slice of broiled bacon laid on top.

### RHUBARB PIE.

Wash and dry the stalks of rhubarb, then cut in pieces about an inch long, sprinkle a little flour, and turn into a pie pan that is lined with the dough only enough rhubarb to make the pan level. Cover with the upper crust, and after moistening with milk, press all around the edges with a fork to make a firm finish. Rub the top with a little melted butter. With a thin paring knife cut little holes through the upper crust near the center of the pie. When done and cool you will find the lower crust brown and your pie firm, instead of soaky.

### PINEAPPLE TENT.

Beat up seven eggs, whites and yolks separately; add one cup confectioners' sugar; one-half cup potato flour; flavor with vanilla. Bake in two layers. When done place well sweetened grated pineapple between and on top. Then beat one-half pint in cream until thick; flavor with vanilla; add one tablespoon of sugar. Spread on top of cake, over pineapple. Wheat flour may be substituted for potato flour, but is not so good.

### DATE PUDDING.

One-half pound of bread crumbs, one-quarter pound of flour, six ounces of suet chopped fine, two tablespoonfuls of brown sugar, one teaspoonful of baking powder; a pinch of salt, a quarter pound of dates, cut up—not too small. Mix the above together in a basin and moisten with one egg and a little milk, transfer to another basin, which has been well buttered, and steam for four hours. Some persons use twice the quantity of dates herewith named.

### ECONOMICAL CAKE.

One egg, one large cup of sugar, three tablespoonfuls of bacon drippings (cold), one cup of sour milk, with half teaspoonful of baking soda dissolved in, two teaspoonfuls of baking powder, two large cups of flour, one teaspoonful ground cloves, one teaspoonful cinnamon, one teaspoonful nutmeg, no butter, put in all together and mix well. Bake in a slow oven.

### STRAWBERRY TRIFLE.

Heat a pint of thin cream in the double boiler with a tablespoonful of sugar and a pinch of salt; beat light the yolks of four eggs and pour the cream over; put back on the fire and cook until the custard is smooth and thick. Put in a glass dish a layer of stale sponge cake and cover with sweetened strawberries as thickly as you wish; pour on the custard while warm, but not hot, and stand the dish away to cool; serve very cold with whipped cream on top.

### BAKED POTATOES.

Physicians assert that baked potatoes are more nutritious than those cooked in any other way, and that fried ones are the most difficult to digest.

flattered by the attention, or at least it was very welcome to them.

The writer of a recent novel concerning English smart society finds a great deal to say about table manners, or rather the lack of them. Very much the same view as to the uselessness of table manners as they were understood formerly seems to prevail in certain sets in New York today.

"Who would ever suppose that it was considered smart to keep your elbows on the table?" asked a young girl who is to be introduced to society next year and has been allowed to go to one or two dinners this spring. "I used to be taught that one should never do such a thing. Yet at dinner some of the girls sit like that."

"Next winter I'm going to put my elbows on the table and hold my champagne glass between my hands just as I saw a young woman do last night and then sip it up. She had more attention than any other woman at the table. She made pills out of the bread, threw them at the men and made them all laugh."

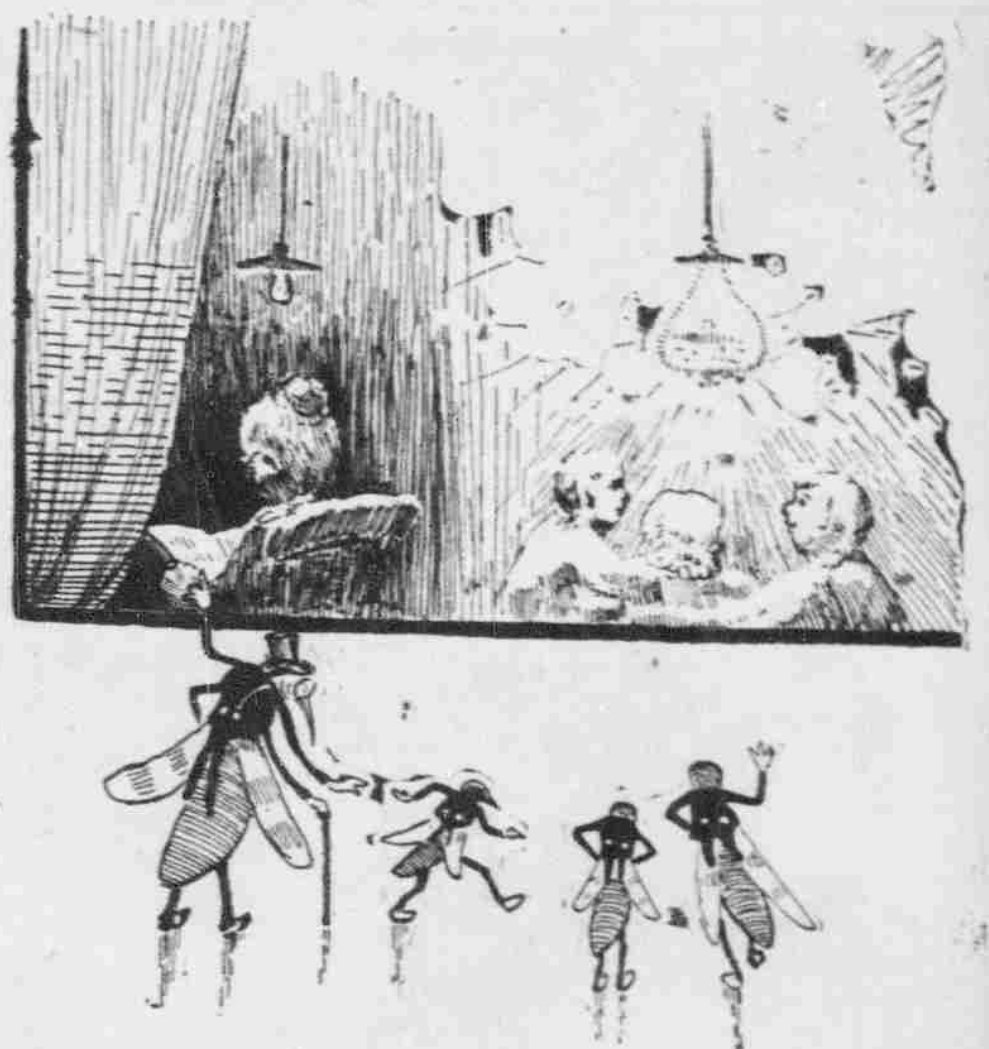
"What chance did I have trying to eat as I had been told? Most everybody else had finished anyhow before I was half through."

Slow eating has come to be confined almost entirely to those persons who Fletcherize or follow some scientific method of eating. Otherwise little time is wasted.

"How can women sit around and eat in the old prune and prism fashion?" one of them asked the other day. "When there is so much to be done and so much to eat all the time?"

"After lunch one has to hurry for bridge. Then there's always something with tea, and supper comes soon after dinner. So if we all sat around and ate slowly in the old fashioned way we'd never have time to do anything."

Whatever the cause may be, there are many things tolerated at the table nowadays which would not have been excused a score of years ago. Some of those acts observed at Sherry's are noticeable in many other places.



CHORUS OF MOSQUITO KIDLETS: "Come on boys, here's our meat."

EXPERIENCED OLD MOSQUITO: "Keep away from those children. Don't you see the gas light? You'll get whizzed up and killed in a second. Go to the other side."

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